## Document 1: General Medicine Overview

**Title:** Common Diseases and Clinical Approach

**Content:**

* **Hypertension:** Definition, stages, diagnostic criteria (BP ≥140/90 mmHg).
* **Diabetes Mellitus:** Types I & II, symptoms (polyuria, polydipsia, polyphagia), diagnostic tests (fasting glucose, HbA1c).
* **Asthma:** Pathophysiology, triggers, signs (wheezing, shortness of breath), PFT interpretation.
* **Approach:** History, physical exam, differential diagnosis, ordering appropriate lab tests.